MMS 5 STAR

STUDENT SUCCESS PLAN:

College And Career Readiness

Step One:
SMART GOAL DEVELOPMENT

MANSFIELD MIDDLE SCHOOL

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FLASHBACK TO 5TH GRADE – SNEAKER LESSON

FLASHBACK TO 5TH GRADE – SNEAKER LESSON

- Understanding importance of goal-setting and attainment

- Set short and long-term goals

WHY ARE GOALS IMPORTANT?

- Discussion Starters

- Goals give us …

- Goals help us …

- Goals provide us with …

WHAT IS A SMART GOAL?

S Specific: For example, instead of saying "My goal is to be a doctor," try "I will earn an M.D. degree by my 30th birthday." Be specific about what you want to accomplish and when you plan to finish.

M Measurable: With a SMART goal, you can set up milestones along the way to measure your progress. If your goal is simply to get a degree, how will you know when you've reached the goal? A degree could mean two, four, or even eight years of study. A SMART goal would be, "I want to earn a bachelor's degree by age 24."

A Ambitious and achievable: Make sure your goals are reasonable. If you set a goal that is too high, you might get discouraged and give up. If your goal isn't challenging enough, you could miss out on a sense of achievement when you complete it. Decide what stands between you and your goal and what information and help you will need. Allow plenty of time to get information and overcome any challenges.

R Relevant: SMART goals are those that are important to you. It is easy to let other people set goals for you based on what they want you to do. But goals set by others can be difficult to reach because your heart isn't in it.

T Tailored: Your interests change as you grow older. Goals that fit you now may not suit you later. Don't be afraid to change your mind or make mistakes. You may want to adjust your goals because your life and interests change.

LOG ON TO NAVIANCE
7TH AND 8TH GRADE

- Go to MMS website, Student Tab, Naviance Link

- On Family Connection Page, enter MMS username and password

LOG ON TO NAVIANCE – 6TH GRADE

- Go to MMS Website, Student Tab, Naviance Link

- On Family Connection Page, enter username and password provided by your teacher

7TH AND 8TH GRADE REVIEW LAST YEAR'S GOALS

- Click on "ABOUT ME" Tab
- Under SUCCESS PLAN, Click on "goals"
- Read the goals which you set last year and reflect on them.
  - Did you achieve these goals?
  - If you did, how did you accomplish this?
  - If you did not, what obstacles did you encounter?
- Answer these questions in your Naviance journal by clicking on the About Me Tab, scroll to Interesting Things About Me and Click on Journal.
- Click on Add New Entry and Call it Reflection on SMART GOALS – Type three sentences in Note Section and Click <u>ADD</u> Journal entry.

EXAMPLE OF ACADEMIC SMART GOAL – FOCUS ON SKILL

Make your Goals have a narrow focus on a specific behavior you will adopt

Specific: I will improve my study skills for Social Studies tests by beginning test preparation one week before.

Measurable: I will increase the number of correct responses on the vocabulary based questions each test.

Ambitious and Achievable: Now I earn 78% on tests and will achieve 90% by the end of the year

Relevant: This is very important to me because I like Social Studies and believe it is important to be aware of events and places around the world

Timely: I will check to see that I am making progress by comparing test scores

7TH AND 8TH WRITE NEW GOALS

- Click on "ABOUT ME" Tab
- Under SUCCESS PLAN, Click on "goals"
- Click on add a new goal
  - First, Academic
  - Second, Career
  - Third, Personal/Social
- After entering information into each box, click on ADD GOAL to submit.
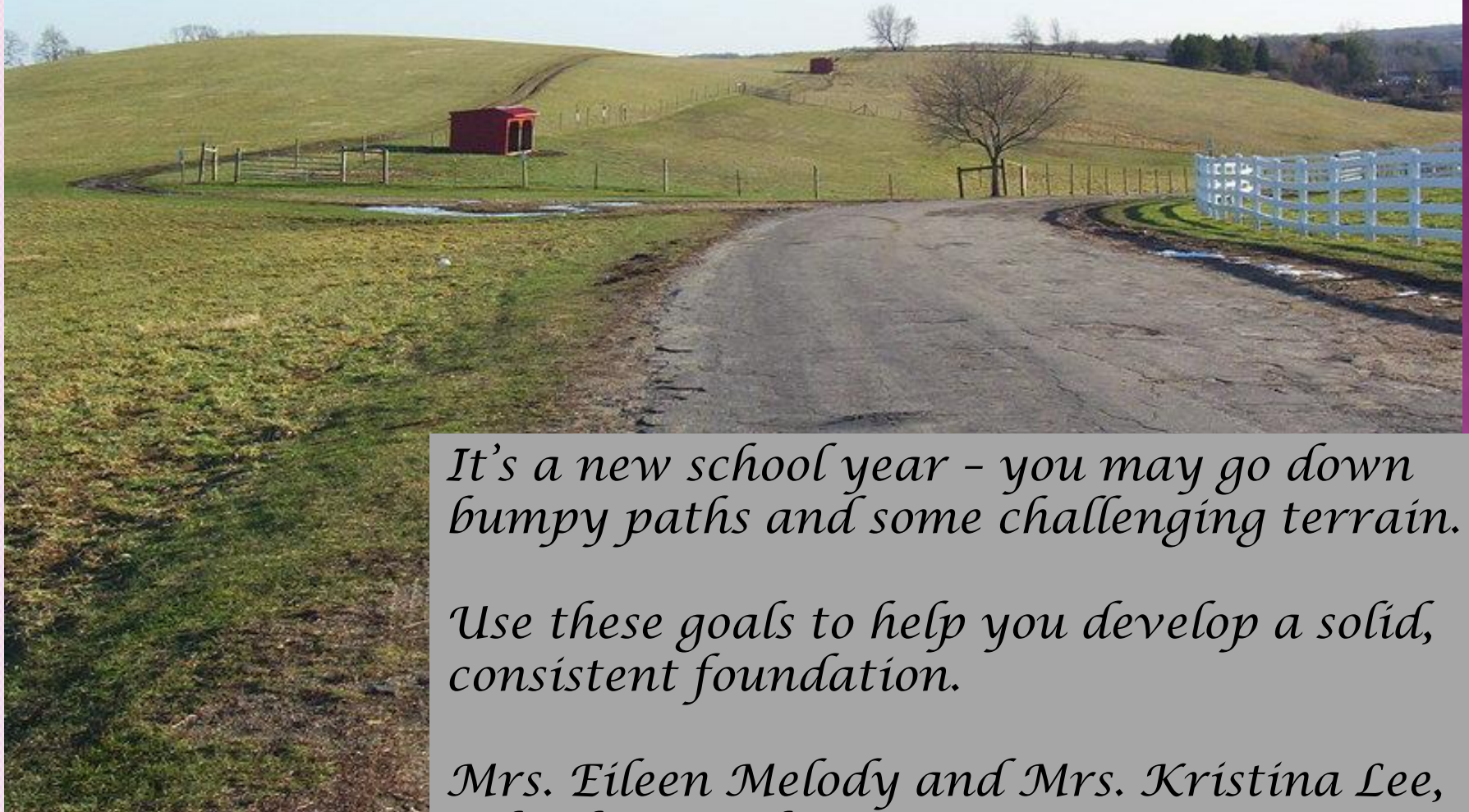
GOALS HELP YOU ACHIEVE AT MMS and IN LIFE!

REFLECTION AND DISCUSSION

❑ **WHAT I LEARNED TODAY THAT I DIDN'T KNOW BEFORE**

Horse Barn Hill, Mansfield, Connecticut

It's a new school year – you may go down bumpy paths and some challenging terrain.

Use these goals to help you develop a solid, consistent foundation.

Mrs. Eileen Melody and Mrs. Kristina Lee, School Counselors